

LIVING WELL MASSAGE FREQUENTLY ASKED QUESTIONS

What is massage?

It is a manual manipulation of muscles, tissues and joints.

What can massage therapy do for me?

Massage assists your circulation, helps to balance the nervous system and in turn aids your immune system. It also addresses specific problems like back spasms, tendonitis, arthritis, chronic headaches, anxiety and more.

Do I need a prescription?

Not for cash payment. If you would like to use your medical insurance then a prescription is needed. A doctor will prescribe a certain type of massage to address specific ailments, like sports injuries, gastrointestinal disorders, asthma, chronic or acute pain, circulatory problems and stress. If that happens, the massage therapist often becomes part of a therapeutic team that could include a physical therapist, chiropractor, or even a psychotherapist, working with the client to achieve a specific goal.

What can I expect from my first session?

First, we'll work together to assemble a massage plan based on your medical history, ailments, and desired goals. I'll begin to implement that plan during the first session. When it's over, most clients usually feel some relief of their problems, and are ready to come back for more. If they do, I carefully monitor their progress and adjust the massage plan accordingly.

Are there different kinds of massage?

Yes, there are several types of massage therapy. I use the following: Swedish, Therapeutic (medical), deep tissue, and pregnancy.

How does massage therapy relieve pain and stress?

Massage helps to increase the local circulation within muscles, which is a key to maintaining healthy tissues. Good circulation supplies cells with nutrition, antibodies, hormones and enzymes, along with oxygen for energy production. It also aids the process of elimination of wastes that irritate the tissue. Healthy tissues are pliable, free from pain, spasms, adhesions, and swelling.

Massage also triggers the release of endorphins and reduces the level of stress hormones. It can also slow the heart and breathing rate, aiding organ recuperation

and better immune function. Regular massage therapy can establish a balance within the nervous system helping to alleviate nervous conditions like insomnia, irritability and anxiety.

What can cause muscle pain?

Some scenarios can disturb the health and balance of tissue metabolism causing pain, stiffness and decreased mobility. They are: stress, over activity, under-activity, diabetes, incorrect body mechanics or injury. Massage therapy can help muscles recover. Massage imitates the wringing effect of normal muscle action. When the muscle is bogged down or in spasm, massage can hasten the elimination of irritating by-products, break-down adhesions, and speed up the inflow of nutritive substances. This restores integrity and balance to the muscles. It also soothes nerve endings, and enhances flexibility.

What can I expect from routine visits?

Receiving regular massage is a way of life. It decreases stress, strain and pain and increases relaxation and body awareness, creativity and productivity. It is also a preventative therapy. You don't have to be in pain or overly stressed to benefit. Our bodies respond best to a rhythm when seeking to engage it into a healing mode. Each mindful massage builds onto the last one on its way to increasing a better quality of life. A rhythm of either once weekly, or twice a month or monthly are most beneficial. But it's really up to the client to set his or her own destination, including any self-care activities between massage sessions that support or enhance their goals. For those suffering from anxiety, insomnia, high blood pressure, depression or those making life-changes, or individuals doing repetitive activities are especially suited to highly benefit from regular visits.

When can't I have a massage?

Although there are benefits to receiving massage therapy there are some conditions that may make massage unwise. These are called "contraindications".

You should not get a massage if you:

- Have severe uncontrolled hypertension (high blood pressure)
- Are intoxicated
- Have an acute infectious disease such as pneumonia, influenza, or even a cold or fever.
- Have toxemia or preeclampsia during pregnancy
- Or if you have undergone chemotherapy within the last 72 hours
- You should get your doctor's approval and discuss your condition with your therapist if you have:
 - Edema (swelling)
 - Certain types of cancer
 - Psychosis

- Scoliosis (crooked spine)
- Diabetes
- Severe asthma
- Heart or lung disease
- Osteoporosis
- If you have had surgery recently

Contraindications

It may be necessary for your therapist to avoid massaging the portion of your body that is affected. Examples are: varicose veins, rashes, edema, hernia, tumors, bruises, cuts, recent surgeries, or inflammation. If you are pregnant it never hurts to get a release from your physician. When in doubt, discuss the matter with your physician before making an appointment. If you are under a physician's care I would be happy to work with your doctor to make sure your therapy is safe and beneficial. Please have your doctor's name and number on hand when you call for your appointment to get information from them regarding your condition and the limit of care I can provide to you.

What is Swedish massage?

It uses a compliment of manual manipulations, including long strokes, gentle stretching, kneading, hacking, vibration and superficial friction to soften muscles. It's great for increasing circulation, and range of motion, easing sore joints and releasing muscle tension and stress.

What is deep tissue massage?

It uses most of the techniques in Swedish massage, but it addresses constrictions and dysfunctions that lay deeper into the muscles. The practitioner uses elbows, fists, knuckles and finger pressure to seek out trigger points, break down adhesions, and help relieve the roots of the pain.

Is deep tissue massage painful?

It might feel intense but it should always feel good. A treatment starts with gentle Swedish strokes to warm up and soften the muscles, preparing them for more, penetrating work. The technique is slower than Swedish massage and should encompass awareness of client sensitivity to increased pressure. In some cases, ice may be recommended after a treatment to help facilitate healing and prevent swelling.

How many sessions will I need to relieve my pain?

Every case and person is different. Depending on your type of injury, your length of time with your injury, your pain level, your current daily activities, etc., massage can

take anywhere from a few sessions to several sessions. Massage therapy may also be implemented to help manage certain chronic pain.